

June 2017

Caregivers Relieve Stress at Thursday “Paint Nights”

St. Eulalia Parish/Quinn Community Center in Maywood, one of seven Caring Together, Living Better (CTLB) partners in the west suburbs, has a unique way of helping caregivers relieve stress.

At Caregiver Paint Nights each Thursday, family caregivers can express themselves through painting. The painting instructor was once a caregiver herself and found painting to be a good way to relieve anxiety. Caregivers are encouraged to bring other family members, including children,



Caregivers and family members express themselves through art at Paint Night.

grandchildren and care recipients.



Hertistyne Watkins with her finished painting

CTLB is a partnership of faith-based and community organizations supporting the approximately one in four west suburban families who are caring for older adults. AgeOptions is the project leader, with partners Solutions for Care, Aging Care Connections and community churches. [Click here](#) for more information on CTLB and Paths to Faithful Caregiving.